



South Shore Swimming Club Health promotion policy

South Shore Swimming Club takes seriously its responsibility to foster the good health of its swimmers and to minimise the risk of injury during club events by:

- discouraging tobacco smoking;
- encouraging the responsible use of alcohol;
- prohibiting the use of illicit drugs;
- limiting sun induced skin damage;
- managing the hazards associated with swimming;
- promoting healthy food choices; and
- promoting a supportive environment.

Discouraging smoking

LeisureFit Booragoon (Melville Aquatic Fitness Centre) is a smoke free venue. The South Shore Swimming Club strongly discourages smoking by members, parents and others at any club functions or events.

Responsible use of alcohol

High risk use or excessive consumption of alcohol can lead to serious accidents and serious long-term health effects, and alcohol abuse has major adverse social effects. When organising functions, the club:

- ensures alcohol is not served to anyone under 18 years;
- ensures food, non-alcoholic drinks and water are available;
- encourages use of 'skippers', taxis and public transport; and
- will discourage further consumption by anyone already showing signs of intoxication should such a situation arise.

Prohibiting the use of drugs and doping

Use of illicit or prescription drugs with performance enhancement qualities is not permitted by the club, which follows Swimming Australia's ANTI-DOPING POLICY guidelines. The use of illicit drugs is banned from all club events including camps.

Limiting sun induced damage

Exposure to sunlight over long periods of time can produce a range of adverse effects on the skin, from simple colour changes to potentially fatal melanomas. The club therefore:

- supplies sunscreen to swimmers at all outdoor events;
- ensures where possible that swim meets are scheduled away from the middle of the day when the sun is most intense; and
- erects shade shelters for swimmers at outdoor events and for the annual Moore River camp.

Dehydration also has serious health implications. Hence in hot conditions and during and after swimming training and competition, the club will endeavour to ensure that swimmers drink sufficient water to keep their bodies fully hydrated. There is a drinking fountain on pool deck.

Management of hazards associated with swimming

When using council managed pools, a number of important risk controls are generally in place. These include:

- prohibiting running round the pool deck;
- separating swimmers who are training from those who are playing;
- ensuring competent staff are available to cope with emergencies;
- ensuring lane ropes are in a good state of repair; and
- highlighting to parents the need to provide adequate security and monitoring associated with the use of public toilets.

Promoting healthy food choices

To ensure swimmers perform at their best and maintain healthy weights, the club strongly encourages swimmers to maintain balanced diets where fruit and vegetables play a significant role and to make good food choices.

At its annual Moore River camp and other major social events, the club ensures that plenty of healthy foods such as fruit, vegetables and milk drinks are available. From time to time, food professionals are arranged to provide educational sessions for the swimmers.

Supportive club environment

Club activities provide healthy alternatives to sitting at computers or lounging around the local shopping centre or park. The club also enhances the general well-being of swimmers by:

- immediately and efficiently dealing with bullying behaviour;
- encouraging parents to stay and watch their child swim;
- encouraging club swimmers to befriend new swimmers and provide guidance on club procedures and other matters;
- holding social events for swimmers to help them bond with other club members and give them greater confidence to communicate. The annual club camp at Moore River has over the years been an iconic example of such an event.
- dealing with swimmers who have breached the club's code of conduct in an effective but constructive and thoughtful way.

Breaches of the policy

The South Shore Swimming Club Committee is responsible for addressing breaches of this policy.